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FRUITS

a good choice for the thrifty family

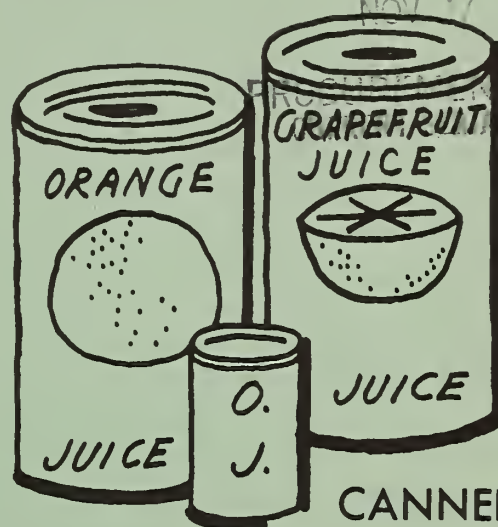
FRUITS SUPPLY VITAMINS A AND C

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FOOD AND NUTRITION SECTION
RECORDS

Some Vitamin C Fruits
and Fruit Juices are
almost always good buys-



CANNED OR FROZEN

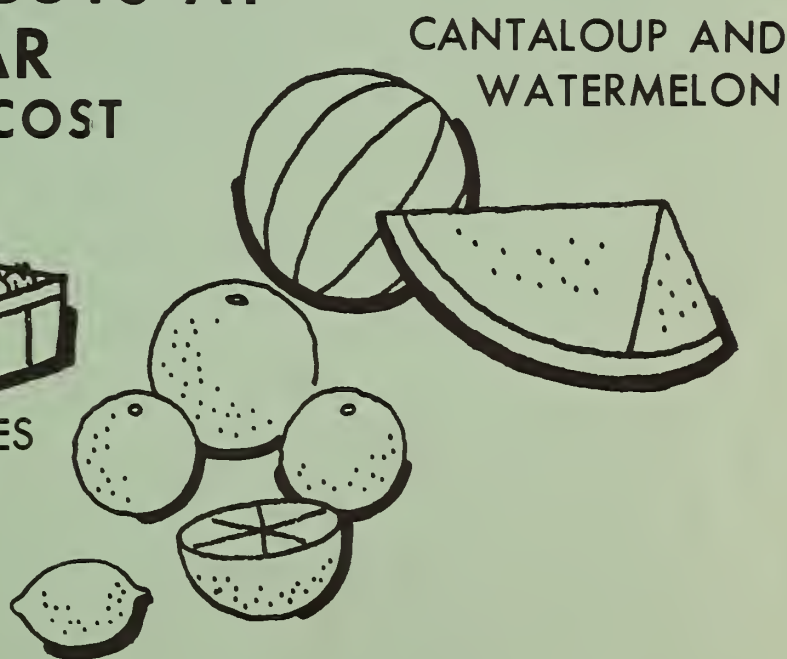
**SOME FRUITS ARE GOOD BUYS AT
CERTAIN TIMES OF THE YEAR
BUY WHEN THEY ARE LOW IN COST**



CANTALOUPE



STRAWBERRIES



CANTALOUPE AND
WATERMELON

VITAMIN A FOODS

Watch for others
that are good buys
when in season

ORANGES, GRAPEFRUIT AND
OTHER CITRUS FRUITS

VITAMIN C FOODS

HOW TO PREPARE FRESH FRUITS

- Wash fruits well before using. Lift berries from the water to leave the dirt behind.
- Wash cherries, berries, and grapes only when ready to use.
- Pare fruits or remove stems, caps, and seeds only when ready to use.
- Help keep cut-up apples and bananas from turning brown by mixing with a little lemon, orange, grapefruit, or pineapple juice.
- Add sugar (if used) to cut-up fruit right away to help keep it from turning brown.
- Make parings thin to avoid loss of food nutrients.
- Dip peaches in boiling water for about 1 minute to make them easy to peel.

COOKED FRESH FRUIT

6 medium-size apples or peaches

1 cup water

About $\frac{1}{2}$ cup sugar

Pare and slice apples or peaches.

Put water and $\frac{1}{2}$ cup sugar in a large pan and heat to boiling.

Add fruit and cook slowly until tender. Add more sugar to sweeten, if needed.

Makes 6 servings, about $\frac{1}{2}$ cup each.

Note: 1 quart pitted fresh cherries or plums may be used in place of apples or peaches.



APPLESAUCE SWEETPOTATOES

2 $\frac{1}{2}$ cups cooked or canned sweetpotatoes, drained

$\frac{1}{2}$ teaspoon salt

1 cup applesauce

$\frac{1}{3}$ cup brown sugar, packed

$\frac{1}{2}$ cup uncooked, quick rolled oats

$\frac{1}{2}$ teaspoon cinnamon

2 tablespoons melted fat (margarine or butter)

Put sweetpotatoes in a baking pan. Sprinkle with salt. Put applesauce on sweetpotatoes.

Mix brown sugar, rolled oats, and cinnamon. Stir in fat. Sprinkle over sweetpotatoes.

Bake at 375° F (moderate oven) about 45 minutes until lightly browned.

Makes 6 servings, about $\frac{1}{2}$ cup each.

APPLE CRUNCH

3 medium-size apples

$\frac{1}{4}$ cup brown sugar, packed

$\frac{3}{4}$ cup flour

$\frac{3}{4}$ cup white sugar

$\frac{1}{4}$ teaspoon salt

$\frac{1}{4}$ teaspoon cinnamon

1 egg

$\frac{1}{3}$ cup melted fat (margarine or butter)

Pare and slice apples. Mix with brown sugar in a baking pan. Set aside.

Mix flour, sugar, salt, and cinnamon. Set aside.

Beat egg. Mix with flour mixture. Spread over fruit.

Pour fat over top.

Bake at 375° F (moderate oven) about 45 minutes until lightly browned.

Serve warm.

Makes 6 servings, about $\frac{3}{4}$ cup each.

PEAR OR PEACH CRUNCH

Use recipe for Apple Crunch. Add 3 cups drained, sliced, canned pears or peaches or 4 medium-size fresh peaches in place of apples.

BANANA BREAD

- 1 $\frac{3}{4}$ cups flour
- 1 tablespoon baking powder
- $\frac{1}{2}$ teaspoon salt
- $\frac{3}{4}$ cup sugar
- $\frac{1}{2}$ cup fat
- 2 eggs
- 1 cup mashed banana

Mix the flour, baking powder, and salt. Set aside.

Mix sugar, fat, and eggs. Beat well. Stir in bananas.

Stir flour mixture into banana mixture just until smooth.

Put in greased baking pan.

Bake at 350° F (moderate oven) 50 to 60 minutes until firm when lightly touched at center.

Let cool in pan 10 minutes.



HOLIDAY PUDDING

- 1 egg
- $\frac{1}{4}$ cup sugar
- 3 tablespoons cornstarch
- $\frac{1}{2}$ teaspoon salt
- 2 cups fluid milk
- 1 tablespoon fat (margarine or butter)
- 1 teaspoon vanilla
- 2 cups canned fruit cocktail, drained (see Note)

Beat egg in saucepan. Stir in sugar, cornstarch, and salt.

Stir in milk. Cook and stir over medium heat until thickened. Cook and stir 1 minute longer.

Stir in fat and vanilla.

Add fruit to pudding. Cool before serving.

Makes 6 servings, about $\frac{1}{2}$ cup each.

Note: Sliced bananas or drained canned peaches may be used instead of fruit cocktail. Cool pudding before adding bananas.

STRAWBERRY SHORTCAKE

- 2 cups flour
- $\frac{1}{4}$ cup sugar
- 1 tablespoon baking powder
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{3}$ cup fat (margarine or butter)
- 1 egg
- $\frac{2}{3}$ cup fluid milk
- 1 quart (4 cups) strawberries
- Sugar, as you like

Mix flour, $\frac{1}{4}$ cup sugar, baking powder, and salt. Set aside.

Mix in fat with a fork or two knives until crumbly.

Beat egg and add milk. Add to flour mixture. Stir just until mixed.

Fill a greased baking pan half full.

Bake at 450° F (very hot oven) 15 to 18 minutes until browned.

When cooled, cut in two layers.

Slice or crush the strawberries. Add sugar to sweeten. Put half of fruit and juice between cake layers. Put rest on top.

Makes 6 to 12 servings.

PEACH SHORTCAKE

Use Strawberry Shortcake recipe. Use 4 cups sliced ripe peaches in place of strawberries. Add sugar to sweeten.

CANNED FRUIT SHORTCAKE

Use recipe for Strawberry Shortcake. Add 3 to 4 cups canned fruit and liquid in place of sweetened strawberries. Thicken the liquid on the fruit, if you like. To thicken the liquid, put 1 tablespoon cornstarch in pan and slowly mix in liquid. Cook and stir until thickened. Add fruit. Add sugar to sweeten.



BERRY CRISP

1 quart (4 cups) blueberries, blackberries, or strawberries
 $\frac{1}{3}$ to $\frac{3}{4}$ cup sugar
 $\frac{1}{4}$ cup fat (margarine or butter)
 $\frac{3}{4}$ cup uncooked, quick rolled oats
 $\frac{1}{3}$ cup flour
 $\frac{1}{3}$ cup brown sugar, packed

Put berries in baking pan. Sprinkle with enough sugar to sweeten.

Mix fat, rolled oats, flour, and brown sugar until crumbly. Sprinkle over berries.

Bake at 350° F (moderate oven) about 30 minutes until lightly browned.

Makes 6 servings, about $\frac{1}{2}$ cup each.

FRUIT SAUCE

2 to 4 tablespoons sugar
2 tablespoons cornstarch
2 cups liquid from canned fruits
1 tablespoon lemon juice
1 cup crushed, drained, canned fruit, if you like

Mix sugar and cornstarch in pan. Stir in fruit liquid.

Cook and stir until thickened.

Stir in lemon juice and crushed fruit (if used).

Makes about 2 cups sauce without fruit, 3 cups with fruit.

Note: Use sauce hot or cold. Serve on pancakes, plain cake, ice cream, custard, or pudding.

Save the liquid drained from canned fruits for use in fruit drinks or sauces, in place of part of the water in jellied salads and desserts, or over cut-up fresh fruits for dessert.

FRESH FRUIT PIE

2 cups flour
1 teaspoon salt
 $\frac{2}{3}$ cup fat
About $\frac{1}{4}$ cup water
Apple, Blueberry, Italian Plum, or Peach Pie Filling (recipes follow)

Mix flour and salt. Mix in fat with a fork or two knives until crumbly.

Sprinkle $\frac{1}{4}$ cup water over mixture. Mix lightly with fork, adding a little more water if needed to make dough into two balls. Make one ball a little larger than the other.

Roll out larger ball on lightly floured surface and put in 9-inch pie pan.

Put filling into bottom pie crust.

Roll out top crust and put on pie. Seal edges of crust together. Cut a few slits in top.

Bake at 400° F (hot oven) 50 to 60 minutes until browned.

APPLE PIE FILLING. Slice 6 medium-size tart apples. Mix with $\frac{3}{4}$ cup sugar and 2 tablespoons flour.

BLUEBERRY PIE FILLING. Mix 1 quart (4 cups) fresh blueberries with $\frac{3}{4}$ cup sugar, $\frac{1}{3}$ cup flour, and 2 tablespoons lemon juice.

ITALIAN PLUM PIE FILLING. Mix 4 cups fresh sliced plums, 1 cup sugar, and $\frac{1}{4}$ cup flour.

PEACH PIE FILLING. Slice 6 large peaches. Mix with $\frac{3}{4}$ cup sugar and 2 tablespoons flour.

FRUIT PUNCH

$\frac{1}{2}$ cup sugar
1 cup strong hot tea
3 cups fruit juice or liquid from canned fruit
 $\frac{1}{4}$ cup lemon juice
1 quart (4 cups) water

Dissolve sugar in tea. Cool. Add rest of ingredients.

Chill or serve with ice.

Makes about 2 quarts fruit punch.